



# Leon County Senior Outreach

October/November 2012

## Bradfordville

**Bradfordville Lunch and Learn:** Wed, Oct 10 & Nov 14, 10:30 am – 12:30 pm. **Wildwood Presbyterian Fellowship Hall, 100 Ox Bottom Road.** Suggested \$6 lunch donation

**Historic Bradfordville Schoolhouse, 3439 Bannerman Road**

**Draw With Your Eyes, Paint With Your Heart:** Instructor, Mark Fletcher. Wed, 1:30 – 4 pm, Oct 31 – Dec 12 (six classes, skip Nov 21). Seniors (55+) \$48; others \$60. Call **891-4016** by Oct 17 to register

**Oil Painting with Eluster:** Instructor, Eluster Richardson. Fri, 1:30 – 4 pm, Oct 26 – Dec 7 (six classes, skip Nov 23). Seniors (55+) \$48; others \$60. Call **891-4016** by Oct 19 to register

**Senior Fitness Beginners:** Tue & Thu, 10:30 – 11:15 am. Suggested \$2 donation

**Senior Fitness Intermediate:** Tue & Thu, 11:30 am – 12:30 pm. Suggested \$2 donation

**Senior Fitness – Afternoon Class:** Tue & Thu, 1-2 pm. Suggested \$2 donation

**Social Bridge:** Every Mon, 12:30 – 3:30 pm. Arrive at noon to form a table. Suggested \$1 donation

## Chaires-Capitola

Dorothy C. Spence Community Center, 4768 Chaires Crossroad

**Chaires-Capitola Lunch and Learn:** Tue, Oct 23 & Nov 27, 10:30 am – 12:30 pm. Suggested \$6 lunch donation

**Drawing & Painting Workshop:** Instructor, Bart Frost. Wed, 1 – 3:30 pm, Oct 24 – Dec 5 (six classes, skip Nov 21). Seniors (55+) \$48; others \$60. Call **891-4016** by Oct 17 to register.

**Senior Fitness Class:** Mon, Wed & Fri, 9:15 – 10:15 am. Suggested \$2 donation

## Ft. Braden

Ft. Braden Community Center, 16387 Blountstown Hwy.

**Ft. Braden Lunch and Learn:** Tue, Oct 16 & Nov 20, 10:30 am – 12:30 pm. Suggested \$6 lunch donation

**Painting with Oils:** Instructor, Robert DeWitt Smith. Thu, 2 – 5 pm. Oct 25 – Dec 6 (six classes, skip Nov 22). Seniors (55+) \$48; others \$60. Call **891-4016** by Oct 18 to register.

**Senior Fitness Class:** Mon & Wed, 10:30 – 11:30 am. Suggested \$2 donation

**Zumba Fitness:** Mon & Wed, 6:30 – 7:30 pm, \$3 per class (under 55), \$2 per class (55+)

## Miccosukee

Miccosukee Community Center, 13887 Moccasin Gap Road

**Miccosukee Lunch and Learn:** Thu, Oct 4 & Nov 1, 10:30 am – 12:30 pm. Suggested \$6 lunch donation

**Bus Trip to WalMart:** Fri, Oct 5 & Nov 2, 10 am – 12:30 pm, \$2 round-trip

## Woodville

Woodville Community Center, 8000 Old Woodville Rd

**Woodville Lunch and Learn:** Thu, Oct 11 & Nov 8, 10:30 am – 12:30 pm. Suggested \$6 lunch donation

**Senior Fitness Class:** Mon and Wed, 8:30 – 9:30 am. Suggested \$2 donation

# Come Join the Fun!

**Don't forget to bring a canned good to the next Lunch & Learn (the new name for Senior Day). Donations benefit the food pantry at Elder Care Services. Thanks for your generosity!**



# Calendar

Call 891-4065 or 891-4033 for more information



## Grandparents as Parents (GaP)

**GaP Support Lunch**, Wed, Oct 31 and Nov 28, 12 – 1:30 pm

Leon County Public Library, 200 W. Park Ave., Program Room A

Complimentary lunch provided for grandparents and other relative caregivers. Reservations are required. Call 891-4027 to reserve.

**GaP Fall Social**, Sat, Nov 3, 1 – 3 pm

Lafayette Park, 501 Ingleside Ave.

Come join the fun with lunch and games for the whole family. Reservations required for all attending. Call 891-4027 to reserve.

Call Karen Boebinger at 891-4027 or email her at [karen.boebinger@talgov.com](mailto:karen.boebinger@talgov.com) if you would like more information or to RSVP.

## Life Long Learning eXtravaganza

Sun, Oct 14 - Fri, Oct 19 (see story on page 1)

A week full of amazing classes opens with "Real Gusto + One" sponsored by AARP. The closing event will be a re-enactment of Spain's human rights debate about Florida's native peoples 500 years ago. More learning adventures than you can even imagine! Pick up your course catalog at the Tallahassee Senior Center. Call 891-4000 for information.

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Tallahassee Community College



TALLAHASSEE COMMUNITY COLLEGE

## Tallahassee Senior Center Upcoming Events

Antiques Show & Sale  
Sat & Sun, Oct 6 & 7

Ireland Tour  
Mon, March 11 - Tue, Mar 18, 2013

Wreaths & Sweets and Insiders Art Reception  
Fri, Nov 2

Alaska Cruise  
Tue, Sept 10 – Sun, Sept 22, 2013

Deck the Halls  
Fri, Nov 30

**Call 891-4000 for more information about any of these programs.**

Answer to question on page 3: It's an owl nesting barrel at the Leon Extension Demonstration Garden.